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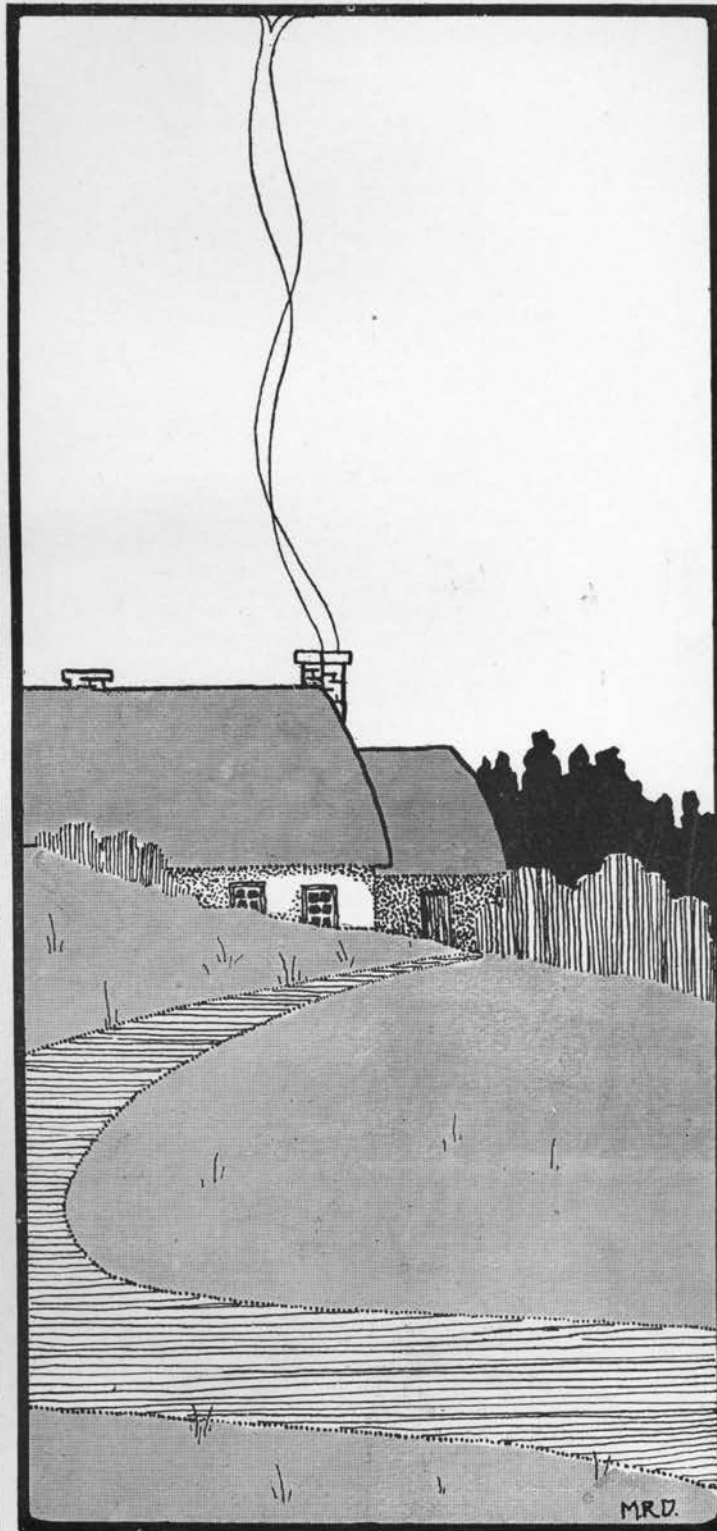
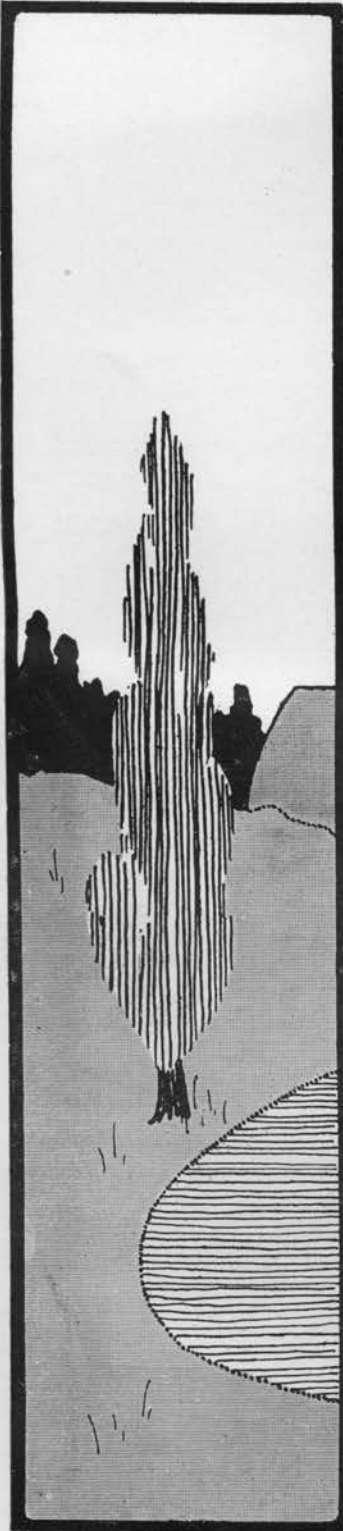
The Iowa Homemaker vol.7, no.4

Authors

Charles H. Brown, Marie Stephens, Lydia Swanson, Dorothy McDaniel, Melba Nisewanger, Zula Dowler, Frances Jones, Marcia Turner, Margaret Davidson, and Cleo Fitzsimmons

THE IOWA HOMEMAKER

IOWA STATE COLLEGE





Clipped

From the Tampa, Florida, Sunday Tribune for August 28 we have received a clipping headed, "Iowa Girls Gain Homemaking Idea in State College," from which the following is taken:

Homemakers must turn to science if they are to maintain the sort of homes that have for generations been the ideal of American families, believes Miss Genevieve Fisher, recently appointed dean of the division of home economics at Iowa State College, Ames, Ia.

"The servant class has disappeared in America. Today's housewife must fight a single-handed battle. If she is to make the sort of home her grandmother made with the aid of two or three servants, or 'hired girls,' she must be a model of efficiency," said Miss Fisher.

"The old haphazard, mother-to-daughter instruction in housekeeping is by no means adequate for girls of this generation.

"In the middle west, where homemaking has become a sort of religion, parents are generally realizing the necessity of giving their daughters technical training in household management. As they send their sons to college to study agriculture or engineering, so they send their daughters to college to study home economics."

Miss Fisher believes the cramped life led by the thousands of apartment hotel dwellers in New York is far from the ideal of the middle west.

"A large percentage of girls who study home economics at Iowa State marry within three or four years after graduation," she said. "They learn to maintain the best type of homes and still have time to raise children and lead a life that is not made ugly by drudgery."

Iowa State was a pioneer in establishing a home economics department in 1871. It has grown to be the largest school of its sort in America, Miss Fisher said.

Little Country Theater

Iowa State College students, under the direction of Frederica V. Shattuck, professor of public speaking at Iowa State College, presented The Little Country Theater at the State Fair in Des Moines.

The problem was made up of four one-act plays, which were presented daily at 11 o'clock and 1 o'clock in the main auditorium of the Women's and Children's Building. The following plays were presented: "The Soul of a Professor", by Martin Sampson; "Six Who Pass While the Lentils Boil", by Stuart Walker; "A Pair of Lunatics", by W. R. Walker; and "A Trick of the Trade", by Alice K. Brower.

Casts for the plays and the production staff were made up from the following: E. R. McKee, professor of electrical engineering, Ames; J. W. Slemmons, Iowa City; Stanley Rolston, Gary, Ind.; Edward Robinson, Council Bluffs; Ruth Watkins, Logan; Faye Graves, Ames; H. B. Asquith, Council Bluffs; Paul Davidson, Ames; Lawrence Boatman, Montezuma; Charles E. Slater, Ames; Lloyd Marsden, Boone; Hazel Fry, Van Horne; Luella Potter, Algona; Mary Countryman, Ames; Kalah Knutson, Ames; and Roscoe Greenwood, Emerson.

Most of the students took part in more than one of the plays, and in several cases, two students were cast for the same part thus making it possible for one to substitute for the other.

Chamberlin Day

Red letter day for 75 graduate and undergraduate students granted degrees was the commencement day on August 26 at Iowa State College, when Clarence Chamberlin, Iowa's own flyer and a former student at Iowa State, was awarded an honor certificate of distinguished engineering service by Anson Marston, dean of engineering at Iowa State College.

Herman Knapp, acting president of Iowa State College, presided over the convocation, at which about 3000 persons were present.

Clarence Chamberlin occupied a place on the platform during the entire commencement program and received unusual applause when he rose to receive the certificate of distinguished service. Chamberlin spoke very briefly, acknowledging the honor given him, and expressing the thought that he was very proud to share any of his honor with Iowa State College.

An appeal to be consistently searching for truth was made to the assembly by the commencement speaker, Fred J. Lazell, acting director of journalism at the University of Iowa, who was graduated from Iowa State College with the class of 1895.

"A knowledge of all the known science of his own field, together with all the skill of his own field and an intellectual curiosity which excites him to add contributions of his own to that science, and finally a desire to use all this for the good of his community and the world—these are the requisites of a true professional man," declared Professor Lazell.

"The pursuit of truth is one of the greatest things in human life," said Professor Lazell. "Ye shall know the truth and the truth shall make you free," he quoted, definitely relating this to science and the desire for truth, which, he says, is one of the outstanding contributions of science.

Furniture, Pottery, Pewter and Brass

By Mary Carolyn Davies

"Furniture, pottery, pewter and brass,
And a gay little home will come to pass;

A sink and a cook-stove, windows,
trees—

A little brave home is born of these.

Calico covers on painted chairs,

A strip of carpet and curving stairs;

Glass and silver and iron and tin,

And a mat at the door that says,
"Come in!"

Furniture, pottery, pewter and brass,
And a little gay home will come to pass;

A laundry bench and a curtain cord;

A mantel piece and an ironing board;

Candles and cushions, and that is all—

Except for your hat and my own in the hall!

Your hat and mine—and perhaps a small bonnet,

With a perky bow of blue ribbon on it!"

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THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOLUME 7

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NUMBER 4

The Home Library

By CHARLES H. BROWN

TOO often a home library is like the purple cow; it does not exist. True, many homes possess a Bible, a hymn book, and a set of subscription books bought from a too-persuasive book agent by some credulous ancestor; but if "stone walls do not a prison make," certainly books do not necessarily make a library.

A supposedly ideal house was built in Washington some years ago. This house was completely furnished to include every comfort and convenience that could be imagined. Yet it was left to Mrs Coolidge to discover that this "perfect" home had no books.

A home library should not be a library of books safely locked up in cases lest they become soiled. Books in the home mean books and magazines on tables where they can be picked up for a few minutes when there is leisure time—books for every member of the family, for mother as well as for father, and especially for the children. With suitable books on hand and some magazines for the children mother always has an answer to the constantly recurring question, "Mother, what shall I do now?"

"The camel's hump is an ugly lump,

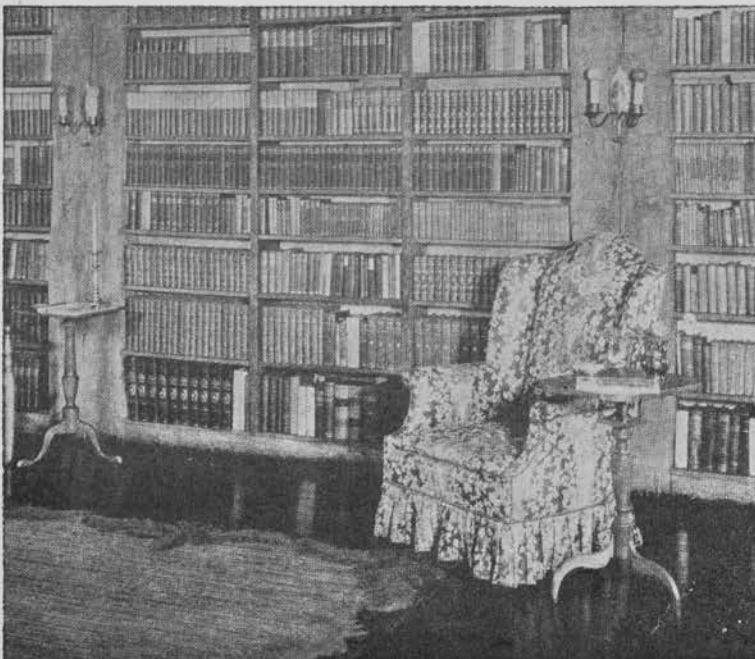
Which well you may see at the zoo;
But uglier yet is the lump we get
From having too little to do."

The child is not the only individual to be considered. There should be books and magazines for the housewife to pick up for a few minutes when she is waiting for the man of the house to come, as well as books to be used in cooking, in house planning, house decoration, and in the general work connected with the various activities of the family, especially some books on child training. She should have, of course, books and magazines for recreational reading.

My Books

What are my books? My friends,
my loves,
My church, my tavern, and only
wealth.

—R. Le Gallienne.



But it is not this type of books and magazines which is receiving the most consideration by educators at present. Books have a far greater value than a material usefulness, just as much as our lives should be much more than eating, drinking, and earning money. Books in the home for general reading will emphasize the wider significance of the opportunities of the home for mental growth and for our children's development. Books such as these include much more than cook books, farm books, dictionaries, and encyclopedias. It is now generally believed by educators that books in the home for children are a necessity if

the child is to realize his possibilities.

The University of Chicago has completed a series of studies on reading in relation to intelligence, comprehension, and to some of the factors which lead to success in life. Their investigation showed that the average person does not know how to read quickly and effectively. Some individuals read eight times as fast as others. Those who read the quickest usually received the higher grades in school work, had higher intelligence tests, and generally showed a higher degree of mentality. Now speed and comprehension in reading must ordinarily be obtained in the early years of our lives.

Psychologists tell us that the habits and training of the first years of our lives are far more important than we have previously realized. Efficiency in reading must be obtained through silent reading when one is young. It is true that speed can be improved somewhat after children go to college, but the early failure to obtain speed and efficiency in reading will, in most cases, never be wholly overcome after a child is fifteen or sixteen. So if the children are to be able to read quickly and effectively, the habit of reading

must be acquired in the early years before they leave home.

A large amount of reading of suitable books by children will, in most cases, eradicate wrong habits of reading. The books must be interesting and suitable to the age of the child—neither too old nor too young. They must be books in which children are interested. One of the worst things that can be said to a child is, "You sit down and read this book!"

If suitable material is provided, 95 children out of 100 will take care of their own reading. Surveys have shown that about 60 percent of the children

(Continued on page 14)

Fashion Forecast for Fall and Winter

By MISS MARIE STEPHENS

A GAIN an important season in the cycle of a wardrobe is here, and every clothes-loving woman of us is wondering just what is to be worn. What does fashion say we should wear if we are to be in style? Now, may I ask just what you understand by style? Does it mean some particular fabric which seems to be popular, or some unusual cut to a skirt or a sleeve which may be becoming to a few and impossible for many? Does being in style mean wearing a fabric or adopting certain cuts to garments which may bring out the bad points of the wearer instead of the good? Indeed no; to be in style one must follow the trend of fashion always, but choose with discretion those fabrics and those lines which are most becoming.

Did you ever stop to realize how very closely related are the two things which make a successful dress, namely, the material and the design or the way the dress is made? You cannot in the least disregard this relationship and expect to have a successful frock. Haven't you seen a dress which looked badly just because the material did not lend itself to the way it was made and consequently the whole effect was bad? In general, we would choose the fabric before choosing the design because in most cases the choice of material determines the use of the dress, and the choice of design quite often is governed by the material chosen.

In a piece of cloth we see two things, first, texture, that is, the feel of the cloth, stiff or soft, coarse or fine, smooth or rough, light weight or heavy; and second, we see color. Let us consider these two features of a fabric as we are likely to find them this fall. These are a few suggestions I have collected after several hours of scouting thru fashion magazines of recent date.

In silk materials the satin crepes seem to lead for both formal and informal wear. Velvets prove very popular for the more elaborate types of frocks. The georgette family is also popular, and combinations of georgette and velvet are suggested. In many instances, flat crepe was mentioned. One prominent French designer is said to be using taffetas, moires and stiff satins. A new fabric, silk-tweed, was mentioned as a material suitable for sports wear. One would expect this cloth to be a silk of rough surface similar to wool tweed. Crepe-de-chine was mentioned once for blouses, but not emphasized for dresses.

In the new velvets we see many new features which have been common to velvet. There are printed velvets, velvets woven in tiny patterns and transparent velvet.

Crepe satin, without doubt, leads, and why is this true? Probably it is

because the material lends itself so readily to the soft draped lines which have been the feminine mode for several seasons. Then, too, the use of both sides of the material gives a variety which we seek. Because crepe satin has been so popular there is danger of its becoming common. It is said that manufacturers are now giving more attention to the crepe surface than to the lustrous side so that when the major part of the costume is fashioned of the dull surface and relieved in subtle ways by touches of the bright side, the feeling of individuality is more easily established than when the frock is too evidently in the satin development.

Right along with the silk velvets we find velveteen stressed very decidedly, especially for sports wear. One suggestion was a skirt of black crepe satin with a tunic blouse of plaid velveteen in bright colors. The whole costume, either one or two piece, may be made of striped velveteen. These newer velveteens are much more handsome and lovely than the old types and will find more decided use for the college girl and for children than for the older woman.

Have we covered the subject of silk? How about wools? Did you know that we have with us now a lovely light-weight wool fabric called wool georgette? It is beautiful in texture, softer and finer than the old wool voiles and will be used for the tailored frocks as well as the more formal types. Jersey is again mentioned often, and the light-weight flannels, kashas and wool canton crepe seem popular. Novelty fabrics in combinations of wool and silk, also wool and rayon, are mentioned. All of the newer wools for fall are light weight. For coats we find the tweeds used with leather trimmings, duvetyne and zibeline, that very old type of coat material which was good many years ago will be used. Suede finished coatings are some of the newer types of coat fabrics, one called cashmere-suede and the other, kasheen, sound interesting.

And what about color? Black, we find mentioned everywhere. Isn't that a blow to some of us who cannot wear black? But why not relieve it with a touch of light green or pink, as one French designer invariably does? Or perhaps gray is more becoming. Gray is good, too, but someone says gray is only for the young-and-pretty or the old-and-pretty. A new green is described as a dull olive shade and is called lava green. There is also a green called willow green, which is slightly more yellow than almond green. In fact, all of the new greens seem to have a yellow cast, which is not good news for those of fallow skin. Golden browns and chestnut browns are mentioned, also copper leaf, a new brown with a glint of red. Cur-

rant red is talked of for one of the brighter colors. In the blue group we find lavender blue, midnight blue, navy and the lovely dark blue-gray so popular at present. Beige, that color which has been so popular for many seasons, is still very good and is suggested for those who cannot wear gray. There seems to be a great enough array of colors so that none of us will feel out of date, and yet may choose colors that are becoming.

And now what about the style tendency, or the way we wish to make the frock? We are not going to get far away from the straight, simple lines which have and will continue to prevail because they are the only lines which emphasize slenderness, and, after all, we all wish to appear slender even tho nature has made it quite difficult for some of us.

One style point that is held in common by the majority of designers is the freedom of movement in the skirt. There are many ways this can be secured. Here are a few suggestions: sun-burst pleats, double goudets, straight pleats, side drapes and circular features. The flat back with fullness concentrated at the front by the use of gathered sections, circular insets or pleats is good. The tiered skirt is good; the tiers are two, sometimes three, in number, often with inverted pleats at center front or sides, sometimes knife pleated, and sometimes tucked.

The cape back is also mentioned as again being featured. A snug hip line seems to predominate. For the younger model the close fitting bodice with gathered or flared skirt is mentioned. The two-piece frock is still good. Long tunics, jackets and jumpers are combined with flared, shirred or pleated skirts.

Some say skirts will be longer and waist lines higher. What shall we believe? To quote the report of Paris openings:

"At least one-half the number of reports on the Paris openings remarked a tendency to lengthen the skirt. Actual addition in length generally about one inch.

"Irregular hemlines, featuring a longer back, pointed effects or longer sides than back or front were shown. In many instances these irregular hemlines are typical only of evening frocks."

Because this report seems to have caused unfavorable comment, Paris comes back with this:

"(By Wireless)—Paris, Aug. 10—Reports have already come through from New York indicating that there is a tendency to exaggerate the added length of skirts in the Paris autumn openings. Many houses have shown skirts one inch or possibly two inches

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The Place of The Child

By LYDIA SWANSON

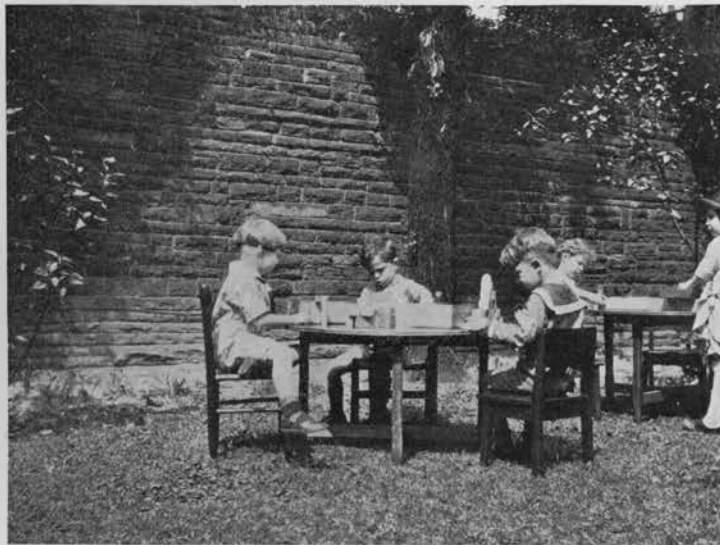
NURSERY schools are a comparatively new step in education and are still in the experimental stage. The benefits derived by both child and parents through this educational institution can scarcely be over-estimated.

In this day of "abbreviated" families and apartment houses, perhaps the greatest contribution of the nursery school is the opportunity it offers the child to associate with his peers. This adjustment to group life involves many factors in character building, leadership, self-reliance, self-control, cooperation, respect for rights of others, initiative, courtesy and ability to adjust to situations are developed. These are brought into play when young Jimmie realizes that Jack also has a turn at the swing or slide, that he can hang up his coat, that bullying gains him nothing, that "please" and "thank you" go a long way toward making life pleasant.

Standards of the group influence behavior even at this early age; hence eating, sleeping, cleaning up and other routine duties all become a thing to be done because "it's being done." Tantrums, pouting and other negative emotional reactions become infrequent, largely because it isn't popular with the group, and there are so many other interesting things to do.

Nursery schools also offer equipment for motor, postural and mental development such as the average home can neither provide space for nor afford. Here is a world constructed for the child, one he can adopt and conquer. Through this opportunity for lifting, balancing, reaching and running, which the spacious playground provides with its swings, slides, teeters, sand pile, trees and large blocks, the child gains mastery over his own body.

Self-reliance, independence, self-confidence and ability to assume responsibility is further increased by the manipulation of dishes, silverware, clay, crayons, scissors, paper, taking off and putting on garments, washing his own hands and face and in making decisions regarding various small projects. Orderliness and adequacy to meet situations are particularly fostered in the nursery school, since the equipment is such that he can handle it, with little or no help from adults. The association with music, art and literature at this early age is of great value.



each individual child and assist in so adjusting the environment in the nursery school that the child may attain his maximum development. Since we are coming to look upon parenthood as a profession, and realize that in this, as well as other professions, training is necessary, and advice by experts desirable, that with the birth of the child parents do not suddenly acquire ability to care for it, we must also realize that the nursery school offers the expert advice of professionals to many for whom it is not desirable that they be especially trained for the care of the child.

In the nursery school there are persons, sympathetic, understanding and properly trained, who devote their entire time to furthering the little child's development, and helping him to increase his experiences.

This separation strengthens the relationship between mother and child, for it is practically impossible for the average mother who has household responsibilities to be ever alert to listen to Jackie's questions and help him meet his small problems adequately. Sheer lack of time and physical strength often causes mother to tell her child to "run away and play."

The nursery school as a step in education has probably come to stay. Although it has not yet been accepted by all educators, and criticisms are made which are just, the benefits undoubtedly outweigh any deterring effect upon the child. Nursery schools such as the Merrill-Palmer School at Detroit and the one at Iowa State College, at Ames, and others are doing much toward giving the pre-school child his opportunity.

"Nursery school is the place for the child from the time he is 18 months old until he enters public school. Both he and his family are benefited by such an arrangement."

This is the theme of this first article on "The Place of the Child." Next month a mother who does not send her child to nursery school and one who does will tell you why they feel that the nursery school is not or is the place for their children. The series will be closed by Miss Anna E. Richardson, field worker of the committee for child development and parental education of the American Home Economics Association.

Nursery schools also provide physician, nurse, nutrition specialist and psychologist in addition to the nursery school teacher, who make a study of

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Home Economics Research at Iowa State

By DOROTHY McDANIEL AND MELBA NISEWANGER

Effect of Cleaning and Pressing of Garments

The statement made by the dry cleaners that cleaning and pressing of garments are means of preserving the life of the fabric seems to be true, according to a recent study of Miss Marion Etta Griffith on "The Effect of Dry Cleaning and Pressing Upon Woolen and Worsted Materials Used for Men's Suitings."

"In no case was there any decrease in bursting after dry cleaning nor was there after ten cleanings," says Miss Griffith.

Two methods used in testing the materials were the bursting and breaking methods. In the bursting method the material was placed under a circular plate of the tripod of the Mullen tester and the upper wheel turned to the left fastening the material securely over the rubber bulb which is forced up by pressure exerted by turning the hand wheel continuously to the right at a speed of approximately two revolutions a second until the material breaks. The gage recorded the bursting pressure in pounds per square inch.

In the breaking method, strips of material of a definite size were placed in a Scott Universal tester and strained to the breaking point.

Of the four types of materials tested, serge had the highest bursting and breaking point. This is perhaps due to the quality of the fabric and the construction of the yarn. Tweed and mixture were next and flannel tested the poorest. This is perhaps due to the short length of the fiber.

Points to be considered in choosing men's suitings, says Miss Griffith are: See that the fabric is firmly woven and the number of warp and filling threads evenly divided, and remember that the quality of the fiber and construction of the fabric rather than price are the best guides to wearing quality.

Lettuce for Underweight College Girls

That lettuce is a valuable food in the daily menu because it aids in maintaining the acid-base balance of the body, and adds bulk to the diet, yet increases only slightly the caloric intake, is the conclusion of Ruth Chapman from the results of the research for her master's thesis, "The Effect of Lettuce in the Diets of Underweight College Girls."

Three separate experiments were conducted during the progress of the research. The first experiment, including both a study on weight and on the hemoglobin and red-blood cell count, was conducted for a period of two months. One group of underweight college girls supplemented their diet with 100 grams of lettuce daily. A second group acted as controls. Neither group attempted to change their pre-

vious food habits. Although there was a marked difference in the gain of weight of the two groups—77 percent of the girls who ate lettuce gained, while only 33 percent of the controls gained—it was felt that no true evaluation of the effect of lettuce on weight could be made without further study because of the many variables.

Analysis of hemoglobin content and of red-blood cell count of each girl was made at the beginning and at the end of the period. Here, also, the increase was higher among the lettuce eating group than among the controls. Because of uncontrolled factors, however, definite conclusions were not warranted.

The second experiment, which was an analysis of the urinary specimens of five girls chosen from the lettuce-eating group, indicated that lettuce added to a random diet decreased the total acidity of the urine, but increased the volume and the hydrogen ion concentration.

A comparison of the effect upon urinary acidity of a basal diet—and of a basal diet plus lettuce, comprised the third experiment. One girl, upon a five day basal diet composed of weighed food portions, showed a definitely increasing acidity with lower hydrogen ion concentration. With the addition of lettuce to the basal diet during the next five days, the higher hydrogen ion concentration and lower acidity which ensued, demonstrated the value of lettuce in increasing the alkalinity of the urine.

Dietary Study in a Home Management House

SHERMAN'S recommendation for apportioning 20 percent of the food budget among each of the five classes of food: eggs, milk and milk products; cereals; vegetables and fruits; sugars and meats, has been established as a desirable standard in food buying. Whether menus planned in compliance with these rules are proving nutritionally adequate and safe for home or institutional use is a problem which has rather recently begun to receive consideration.

At the request of Miss Ruth Lindquist, professor in household administration and director of the home management houses, a dietary study of the menus so planned by senior girls in the Mary B. Welch house, was undertaken by Miss Garnet Searle as the research problem for her master's thesis. The purpose of the study was twofold: to ascertain the actual daily food consumption of the senior college girls in the home management house over a period of four weeks, and compare these findings with the standards suggested by Sherman, as well as to compare the data thus obtained with that of other investigations; to compare

(Continued on page 17)

Effect of Shoes on Feet

"Only 28 of the 311 high school and junior high school girls examined had shoes of the correct length, 14 had shoes of the correct width and 269 had shoes both to short and too narrow," says Mrs. Maude Eastwood Little in a recent "Study of the Effect of Various Types of Shoes Upon the Feet of the High School Girl."

Mrs. Little, with the assistance of the school nurse, another nurse and teachers, made a study of the feet of the girls of the junior high school and high school in the Ames public schools, and also a study of the shoes worn by these girls.

The most serious foot defects are among the high schools girls. Out of the 311 girls tested, 13 had flat feet, which means that both arches have fallen. The cause of the frequency of this defect was in most cases due to wearing shoes too short and narrow and in some instances are due to high heels. Far more pumps and strap pumps are worn by the older girls than by the younger girls, indicating an increased interest in appearance and a willingness to sacrifice comfort for fashion. A calloused condition of the feet was more prevalent in high school girls probably due to the fact that they wore this type of a shoe which usually has thin sewed soles probably making it easier for the feet to be injured.

Some points to be considered in choosing shoes for a high school girl, says Mrs. Little, are: "For school wear, choose oxfords; shoes with broad toes and low heels; shoes of correct length and width, that is, sufficiently long and wide to insure comfort and freedom of movement; choose a shoe with a flexible arch; in general, buy shoes of leather; avoid pumps with high heels and short vamps; avoid shoes with narrow pointed toes, and always have shoes properly fitted at the time of purchase."

Research at Iowa State

Do you realize the amount of research in Home Economics that is being done right here at Iowa State College? At least 32 major problems in research have been completed by the graduate students in Home Economics this year. In Foods and Nutrition, nine have been completed; in Applied Art, four; in Textiles and Clothing, ten; in Home Administration, three; in Institutional Management, two and in Vocational Education, six. In addition to these problems done by graduate students, members of the faculty have done some studies, and at least 15 minor problems have been studied by undergraduate students.

Cooking Utensils of Today

By ZULA DOWLER

POTS and pans are a kitchen necessity in every home. Always there is the bride wanting the best and asking many questions when she selects her kitchen utensils. There are always housekeepers replacing some worn out favorite in their not too new and shiny collection of pots and pans.

Their questions in making selections of new cooking utensils probably are: Is it convenient to handle? Is it of the right size and shape? Is it easy to clean? Is it efficient? Is it safe as a food receptacle.

Whether it is convenient to handle and whether it is of the right size and shape, each one will decide for herself. The other questions can be answered only after scientific investigation.

Being a safe food receptacle, means that it does not form any poisonous compounds when foods are cooked in it. Much investigation has been done with metals, used for cooking utensils, to make them easier to clean, more durable and free from the undesirable effects on different foods.

For the preparation of food, our grandmothers used the copper kettle and the iron pot, while the housewife of today may choose from the numerous sizes and shapes of utensils made from tin, zinc, enamel, aluminum and glass.

A few years ago, there occurred in London two hundred cases of poisoning which were traced to the eating of apples cooked in galvanized baskets. About the same time a store in the District of Columbia distributed over four thousand galvanized iron buckets as premiums. The Bureau of Chemistry, becoming alarmed, investigated the effect of water, milk, lemonade and orangeade upon the galvanized pails. Each of these foods dissolved some zinc from the pail and the amount of zinc increased with the acidity of the food.

Galvanized iron is iron coated with zinc, which makes it rust proof and a very good material for garbage pails, refrigerator pans and the like, but should not be used in contact with food.

Tin, because it is light and easily heated, is frequently used for cooking, but its more common use is for canned foods. Cans are made from thin sheets of steel which have been coated with tin. If the steel is not entirely covered by tin, the corroding action of the food will form holes in the can,



Aluminum, Tin, Granite, Porcelain, Galvanized Ware and Glass are among the wares of cooking utensils of today.

causing the food to spoil.

Acid foods and protein foods especially have a corroding effect upon the tin can. They may either dissolve some of the tin or discolor it. To prevent this corroding effect we now find cans on the market which are lacquered or enamel lined. If the enameling process is not perfectly done, the action of the food is very great where the tin is exposed. Enamel lined cans are being used for foods that are highly colored and those containing acids. Paper liners are also used in cans, and if these liners do not contain lead they are very satisfactory.

However, some of the leading chemists of today have discovered that tin salts are non-poisonous and do not harm the body. If the food is not otherwise spoiled the blackness of the can, which is iron sulphide, or the standing of the food in the can, after being opened, will have no harmful effect upon it.

The expense of copper, its weight and the care it requires for cleaning makes its use as a household utensil rather limited. Because it is a good conductor of heat, we find it being used in large institutions. Investigators are divided in their opinions concerning the effect on the body of food cooked in copper utensils. Some say that bronze diabetes, a chronic poisoning, is caused from copper, and that copper should not be used in contact with food or drink, especially if it contains acid. That would exclude its use for cooking utensils.

A French investigator reports that copper utensils do not harm the food. That when cooked in copper vessels the copper salts attach themselves to the food in such a manner that they are not dissolved by the stomach or intestines. However, poisoning may result if there is too much acid in the stomach.

Enamel ware has a base of cast iron

or steel in which oxides of iron and lead, cobalt and nickel are used to regulate the expansion and contraction of the vessel. Thru the use of these metals, the resistance to acid, alkali and water has been lowered. Lead will be dissolved from a vessel that has not been fired at a high temperature. Enamel will chip from a vessel which has not been properly coated or carefully handled. Acids corrode enamel ware, lessening its durability. The amount of metals dissolved from enamel ware by acid foods depends upon

the loss of glaze, the temperature the length of time the food is in the pan, the amount of abrasion and the quality of the enamel. Several thin coats of enamel applied to a vessel are more desirable than one heavy coat. In comparing the white, gray and blue enamel ware, it was found that the blue is the least resistant to acid; the white and the gray are about equal.

Aluminum utensils are made from a metal found in clay, which is processed and as a molten mass either poured into moulds and allowed to harden or made into large sheets from which the vessels are stamped. From these two processes we have the cast and stamped aluminum ware on the market today.

There are many superstitions concerning the use of aluminum cooking utensils, among which are: "certain foods cooked in aluminum vessels develop poisons;" "Foods permitted to stand in aluminum vessels are poisonous;" "aluminum vessels absorb and retain odors;" aluminum cooking utensils are the cause of the increase of cancer." All of these ideas have been disproved. So far as science has discovered, there is no connection of cancer with the use of aluminum ware. An editor of a leading medical journal in a comment upon the subject states that it was a pernicious attempt to promote a peculiar view of cancer without the slightest scientific evidence to support it.

Thru investigations made in almost every country the conclusions are: that alkaline foods corrode aluminum vessels; that this corrosion is an iron deposit which is not harmful; that acid dissolves the iron, leaving the surface bright; that foods contain some aluminum; that the body itself contains aluminum; that the products dissolved by the food from aluminum vessels are not harmful to the body; that

(Continued on page 19)



GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

By FRANCES JONES



How Much Does Baby Weigh?

The study of nutrition is in its infancy in the 4-H clubs of Monroe county. Two of the goals are: as many girls as possible enrolled as active members, and better health for the girls, which means weight up to height. At the beginning of each club (its infancy), weight and height records are taken. At present this is reported to be 7,560 pounds. These members plan to check up on their nutrition habits and add new members until their weight will be 10,000 pounds at the end of the year.—Monroe County Farm Bureau Exchange and News Letter.

Florida Nutrition Camps

Sixteen hundred Florida club girls spent health days in nutrition camps in the summer of 1926. Health and food habit honor systems were instituted at the camps and the nutrition program presented at short course became a practical demonstration in the summer camps.

Girls were weighed and measured and checked themselves on food and health habits. Posters and demonstrations with the aid of mirrors were used to teach correct posture. Rats from the state college were used to demonstrate the effect of different diets on the body.

Fifteen hundred girls received milk daily; 1000 drank a quart a day and 500 had a pint a day. Only 100 girls were too far from a town or farm to have milk daily. All the camps had a definite program providing for well balanced meals, out door exercise, rest, sleep and right food habits.

In one camp, 45 underweight girls made an average gain of 3.3 pounds and planned their own nutrition program for the rest of the year. One girl gained 9.7 pounds during camp time.

Menus were planned in some of the camps for the camp meals and in other cases were planned with recipes for use during the year.

Many camps had health contests; some stressed sun baths; and all of them had stunts and demonstrations of food preparation and health habits.



Demonstration Teams at the Fair

One hundred and seven demonstrations were given during the fair; 51 in home furnishings, 17 in clothing, 13 in bread, 2 in footwear, 13 in canning, 5 champion and 6 high scoring.

Polk County's team, demonstrating "Reseating an Old Chair With Twine," was the champion home furnishing team. Grundy County, showing the "Alteration of Commercial Patterns," placed first in the clothing group. Jasper County's demonstration of "Approved Footwear," was first in the footwear demonstrations. "Canning Chicken," shown by Palo Alto County, was first in the canning demonstrations. Page County, with the demonstration, "Making Whole Cereal Bread," placed first in the bread group and was also grand champion.

Page County's demonstration team, as shown in the picture, from left to right are: L. Clara Blank and R. Irene Crest. These girls have done all the family baking this summer and have particularly enjoyed making good bread.

New State Officers

Officers for the state organization of girls' 4-H clubs were chosen at the State Fair on Thursday, Sept. 1. Iola Pierce, Calhoun County, is president; Ulla Bollman, Winneshiek County, vice-president; Edna Boss, Delaware County, secretary; Harriet Spran, Cerro Gordo County, treasurer, and Mildred Hunt, Butler County, historian.

It is the plan that these girls will hold office until the time of the Girls' Short Course at Iowa State College in June, 1928. From that time the place of election will be at the short course rather than at the fair.

Glimpses of the 4-H Exhibit at the State Fair

Lots of space.

Well arranged exhibits.

Convenient demonstration rooms provided with preparation rooms at the back of the platforms where material could be gathered.

A whole flock of waste baskets.

Three charming girls' rooms furnished by 4-H girls with furniture they had refinished or painted.

Bread exhibit showing the evolution of bread making thru the ages.

Many people interested in seeing all of it.

Indian 4-H Girl at the Fair

Mary Davenport, a member of the Tama County girls' club, demonstrated bead work for a part of the time at the fair and explained the exhibit of her club. The exhibit included dresses, bead work, jewelry and baskets. Mary dressed in her native costume part of the time and part of the time in a dress she had made in her club work.

Scott County Winners

Scott County has again won the cup for the best exhibit at the State Fair. Five years ago Marshall County gave a cup to be awarded for the best exhibit at the fair. If the cup was won by the same county for two years in succession that county was to keep the cup.

Mahaska County won the cup for the first year. Scott County won for the next two years and so kept the cup. Scott County then furnished a cup to be awarded at the fair and has competed successfully for the last two years. Now Scott County has another cup and the fair has none.

Ribbon Novelties for Gifts
Greeting Cards

Felts for Sports Wear
Velvet Hats for Dress

VAN AUKEN HAT SHOP

317 Main St.

Results of Contests

In the judging contests held on Saturday, Aug. 27, Scott County was first with home furnishing; Ida County came second with canning judging and Grundy County was third with clothing judging.

Style show awards went to Elsie Schultz, Plymouth County, first place; Erma Larsen, Audubon County second place; and Lucille Miller, Crawford County, third place.

Music Memory

Hungarian Dance Number Five by Brahms; Gipsy music! The very words evoke a spell, and the spell of the music is even more subtle. It is real gypsy music which Brahms heard from some wandering band and transcribed for his piano.

Who are these Gypsies? That is a question that wise men have tried in vain to answer. They are strange, nomadic, tent-living people with a language of their own which takes on a dialect of the countries through which the wanderers pass. Before you listen to this music, look up the word Gypsy in a good dictionary. The gypsy story is well told in Compton's Pictured Encyclopedia which you will find in every library and in most schools.

Gypsies are natural musicians with music, which, like their language, gives evidence of contact with many peoples. They sing and dance to strange fascinating tunes. One characteristic is a sudden change from a slow movement to a quick fiery wildness. They love the guitar and many of them play the violin wonderfully.

Brahms first concert tour was taken with a Hungarian violinist. Brahms was a great lover of the out-of-doors and especially enjoyed excursions into the vine-yard clad steppes of Hungary, perhaps with the Hungarian violinist. Can you imagine the two being drawn by the strains of wild music into some Gypsy camp? Then you can imagine how afterward, Brahms tried to transcribe the music and the scene for his piano! This must have happened many times for there are 21 Hungarian Dances by Brahms and the first published edition frankly states that they are arranged from Gypsy music. Number five is the most widely known and one of the most popular among music lovers.—From the Music Memory Bulletin.

Correction

Last month on the 4-H page was printed an article, "Washington Club Camp," by Miss Josephine Arnquist, and published in Wallace's Farmer and for which thru our mistake no credit was given. We beg your pardon.

Health Champions Organize

Health champions from the years 1923 through 1927 had a reunion at the State Fair on Wednesday, Aug. 31.

After having lunch with the doctors, Daniel Glomset, Cook and Cast, who had assisted in judging the health con-



Polk County Demonstration Team

test, which was held on Monday, Aug. 29, the formal organization was planned. There will be an annual meeting at the State Fair on Health Day.

Esther Cation, 1923 health champion, Clay County, was elected president, and Doris Poorbaugh Wallace, Story County, is secretary.

The health champions for the last four years, with the high four girls in this year's contest, are shown in the picture. Left to right they are: Lucille Black, Audubon County, 1927 champion; Harriet Newsome, Warren County, third place 1927; Lois Reece, Hardin County, second place 1927; Dorothy Watham, Muscatine County, fourth place 1927; Josephine Arnquist, state girls' club leader; Alice Burkardt, Audubon County, 1925 champion; Alberta Hoppe, Linn County, 1926 champion; Doris Poorbaugh Wallace, 1924 champion, and Esther Cation, Clay County, 1923 champion.

There were 85 health contestants from 84 counties and Council Bluffs.

The Iowa Homestead has recently given two full pages to pictures of outstanding 4-H club girls. It is the plan that at least one girl's picture will be used each month with a note telling of her work.

Regular radio programs will begin early in October. Probably at the same time as last year, Saturday at 2:00 o'clock.

Club Girl Sails for Italy

Julia Bourne, former state club president, sailed Sept. 16 on the S. S. Andania, Cunard Line, from Montreal, Canada, for Rome, Italy. Julia will spend the year in Rome as the guest of her cousin. 4-H girls at the State Fair assembly appointed her their foreign representative for the coming year.

Girlhood

Keep the worthwhile things of girlhood
Changeless through the passing years.
Keep your faith and keep your visions
April-like your smiles and tears
Treasurers each to have and hold;
Keep your truthfulness and courage,
Rarer than minted gold.
Keep belief in standards olden
Know the world is

watching you
Keep loyalty to home and country
Plainly stamped on all you do.

—Alix Thomas.

Absentees

Only six counties did not send demonstration teams to the State Fair this year. These were Jackson, Clinton, Wapello, Adams, Johnson and Allamakee. That Clinton County did not send a team was not due to a failure of the county farm bureau to provide the funds, but was thru a misunderstanding outside of the office.

Twelve counties did not send exhibits: Mitchell, Jackson, Allamakee, Monona, Benton, Bremer, Chickasaw, Des Moines, Cedar, Van Buren, Johnson and Davis.

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Home Economics Training In Choice of Life Mate

By MARCIA TURNER

“WHAT are you doing to insure happy homes for the future; to lessen domestic difficulties and broken homes?” This is the challenge issued to home economics teachers by “A Mere Man” in the May issue of the Iowa Homemaker.

Back in school in this month of September, perhaps we might accept this as an opportune time to take up the question for rather serious consideration. Are we, as charged by the Mere Man, contenting ourselves with giving instruction bearing exclusively on “What shall we eat?” or “What shall we drink?” or “Wherewithal shall we be clothed?” And are we ignoring in our teaching some of the “weightier matters of the law,” specifically, as our critic questions, the matter of training for wise choice of a life mate?

I am sure that almost any teacher of homemaking would agree that training for the responsibilities of successful homemaking is a many sided task, involving far more than abilities to feed and clothe a family and care for a house. No one would question, probably, that the human element is the most pertinent factor for happy and successful home life. How much the home economics teacher or the entire school system, for that matter, should be or can be responsible for developing that factor is possibly another matter. To some extent, surely, the teacher and the school are responsible, else our educational system is a failure.

But reluctant as we may be to accept it, we must finally concede that there are limits beyond which organized instruction cannot go. One or two hours a day for a year or two, or even the half day in vocational schools, spent with the home economics teacher, over against the many influences being exerted the rest of the time, would be of doubtful potency in revolutionizing the thinking of a girl. I am not throwing wet blankets over any attempt of the schools to train for better home life. I merely question whether the weight of the challenge should not be directed toward the home rather than the home economics laboratory.

All three of the important life choices cited in the article in question—the moral choice, the life work, and the life mate, I am inclined to believe have come as a result of a series of decisions rather than as three distinct

The State Association page of the Homemaker should serve as a conference ground for home economics teachers and an exchange of mutually helpful ideas as well as a page for official announcements in regard to the state organization. The article in this issue bears on a question of especial concern to home economics teachers—the teaching of social relationships. How are you planning to handle this part of your homemaking course this year? Won't you give the rest of us the benefit of your ideas by sending in problems and teaching devices you have used successfully for such teaching?

and momentous decisions. I question for example, whether most people do actually at some one time decide for all time for or against the straight and narrow way, let us say, in regard to honesty. More likely one's concept of honesty changes somewhat, with every smallest decision he is called upon to make. In ten years' time his standard of honesty may have become considerably modified. So, it might be with the choice of life work or of a life mate. To the extent, then, of assisting pupils to form judgments contributing either directly or indirectly to lasting decisions the schools should function. What is the province of home economics instruction in the matter and how are we fulfilling our obligation?

Two ways are open to us—organized instruction in social relationships and the influence exerted by a teacher in her personal contacts with students in class or in community life. When I speak of organized instruction I do not mean, necessarily, special courses devoted to such instruction, because there is no branch of homemaking that does not lend itself to the development of finer ideals and standards in the matter of group relationships. Special courses in what we may term family and community relationships do, however, help to draw together and clarify whatever thinking has been done incidentally to other courses.

“The causes for unhappy marriages,”

says the Mere Man, “are mainly the incompatibility of personalities, ideals, attitudes and interests of the contracting parties,” and personal traits, ideals, etc., he believes are, as a rule, “traits too deeply rooted in heredity and in early training to be radically altered in adult life.” His solution, therefore, is to teach young people “to choose their life mates with a view to the similarity of the vital factors mentioned above.”

Can we develop in our boys and girls the skill or ability to choose their life mates intelligently? Some attempts are being made in that direction.

The West Des Moines High School Character Conference of high school students reported in the Vocational Education Survey, November, 1926, lists, among others, the following topics for discussion.

1. What is your idea of a good time?
2. What attributes of a girl make her attractive to boys?
3. What attributes of a boy make him attractive to girls?
4. What kind of friendships are of most value to high school boys and girls?
5. What is the difference between popularity and respect?

In a short unit course in family relationships for high schools developed by Anna Brack and Mrs. Alea Greene at Stout Institute, one section is devoted to “The Girl and Marriage.” Topics for study and discussion include:

1. Things a girl should expect in the man she marries (good health, companionability, good habits, definite means of income, etc.).
2. Things to guard against (difference in race; fundamental difference in religion; too much difference in wealth, education and age; too early marriages; infatuation mistaken for love).
3. The double standard.
4. Marriage license—physical examination.
5. Eloping.
6. Divorce.
7. Mutual responsibilities of married life (establishing a new home; personality and habit readjustment; rearing of children).

Another course called “The Girl and Society,” from the Beloit (Wis.) Voca-

tional School, has the following questions for study:

1. What responsibilities do you assume when you marry? Do you feel competent to meet them?
2. What should the contracting parties in marriage expect of each other?
3. Should girls of 15 and 16 years of age marry?
4. Should girls work after they marry?
5. When you marry, do you assume any responsibility toward your husband's family or he toward yours?
6. Should young people live with any of the in-laws?

A course in social relationships for junior high school girls used by Agnes Arent in the state of Washington serves as an example of a less direct method of education for choice of a life partner which could be used with girls not yet approaching the age of marriage. Some of the topics follow:

1. Elements of character desirable in school relationships.
2. Detailed study of factors involved in character building emphasizing "choice"—the will and ability to choose rightly. The woman of tomorrow has no choice—the girl of today must choose for both.
3. Purpose of "social conventions"—their origin and change.
4. How do you select your friends? How can you judge whether or not a friendship is good for you?
5. Are there different kinds of friendship (acquaintanceship, older and younger friends, girl friends of your age, boy friends of your age)?
6. Should your friendship with boys differ from that with girls?
7. What are your standards of conduct for boy friends? Can they be the same as for girl friends?

The excerpts from courses cited tend to show that teachers of homemaking are at least awake to their opportunities to assist pupils in making wise future decisions with regard to marriage. The effectiveness of such teaching will depend much upon the methods used for establishing the ideals and standards designated. And again, to repeat, very much will depend upon the home traditions and influences for or against such teaching.

The second question troubling our critic is whether such a "cold-blooded, business-like method of choosing a life mate (will not) take all the romance and tender sentiment out of this glorious spring-time period of love." He has partly answered the question with the opinion that in any case "romance after marriage and lasting all through life is much more desirable and satisfactory than the romance of the courtship, which dies with marriage." May it not also be true that in choosing a life mate, as in choosing a garment, a trained judgment may even add zest to the experience?

"For shelter is gone when the night is o'er,
And bread lasts only a day,
But the touch of the hand, and the sound of the voice
Sings on in the soul away."

Kossuth Bubbler.

New Bulletins

Seven new home economics bulletins have been published recently by the Extension Service of Iowa State College. They are on various subjects and prove helpful to all those interested in food and clothing.

"Salads and Their Preparation," written by Lillie Swanson, is an article dealing with salads, their preparation and service. Salad combinations of vegetables, fruit and meat, cheese and eggs, are discussed and certain rules are set down. Ten tested recipes for salad dressings are included.

Another bulletin is "Sandwiches," by Lillie Swanson. One might think of this as being useful only in the summer months, but Miss Swanson gives some good ideas for winter sandwiches which might be used in school lunches. Suggestions are made for fancy sandwiches for parties. Besides these recipes, the bulletin contains fourteen secrets of successful sandwiches.

Dessert is becoming more and more necessary in every meal. If we do not have it we are not satisfied. In the bulletin, "Wholesome Desserts," by Ellen L. Pennel, we learn how to choose simple desserts which are easily prepared, palatable, attractive and nutritious.

We are constantly trying to save time and effort for the housewife and Mrs. Ruth Cessna Morgan, in the bulletin called "One Dish Meals," helps us to do this. These one dish meals are inexpensive, serviceable and palatable. The recipes suggest many attractive ways in which left-overs might be used.

More attention should be paid to the diet of the school child, since it is at this time the child's food habits are determined. In the bulletin, "Diet for the School Child," by Margaret M. Baker and Marion Deyoe Sweetman, we find a summary of the requirements in a child's diet. A chart shows the ages of the children and the respective amounts of food necessary for growth. It discusses digestion, factors which influence digestion, and the place of nutrition in preventing and curing disease. A number of recipes for the sick are included.

The bulletin, "Our Market Basket," by Lloyd V. Church, serves as a connecting link between what we should eat and what we buy. It discusses what foods should go into our market baskets. Tables showing how fruit and vegetable products are graded and how they are sold in the market are given.

Two home economics bulletins, "Foods for Special Occasions," by Dorothy Taylor, and "Brim and Crown Coverings and Finishes," by Allie M. Smith, have been reprinted.

These bulletins may be secured by writing to the Extension Service of Iowa State College, Ames.—Mildred Gieske.

Naomi Gray, '24 who has been teaching Home Economics at Rippey, plans to start work for her masters degree in the fall.



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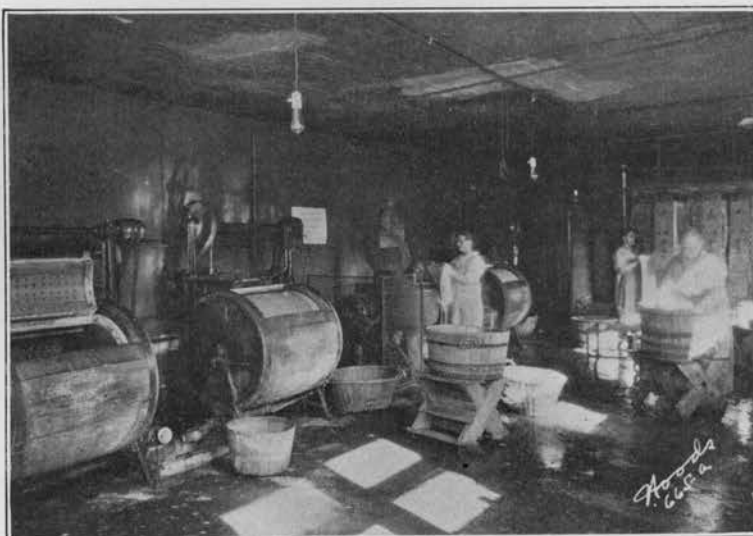
Community Laundry of the Des Moines Roadside Settlement House

By MARGARET DAVIDSON

AMERICAN standards of living demand cleanliness of wearing apparel. The Roadside Settlement house of Des Moines, through a laundry department maintained for the last twenty-one years, has furnished the means for attaining these standards to the people within a three mile radius. Those who might otherwise have no better way of washing than by rubbing the clothes by hand, may now take advantage of an opportunity to use modern equipment. This arrangement has been particularly fortunate for those who have no room to store the necessary machines, as well as for those who are unable to purchase the needed equipment. In fact, many women who could easily wash at home prefer to come to this convenient laundry rather than put up with the confusion in their own homes.

Aside from providing an opportunity to do the washing, the community laundry is also helpful as a gathering place for women who would otherwise be tied down by home duties. While talking and visiting with friends, much of the monotony, which is usually present while washing, is removed. A special feature of this institution is the privilege which allows housewives with young children to leave them, for a small charge, in the settlement nursery in an adjoining building.

The laundry department as it is today, one of the main divisions of the Roadside Settlement, has grown from a humble beginning in 1906, when but cold water and portable tubs were furnished. Each patron brought washboard and soap along with her clothes. Today this laundry occupies two large rooms in the southwest corner of the ground floor. These rooms are well ventilated and sufficiently lighted by means of ten large windows. The laundry consists of three electric washing machines, which are about twice as large as those in the average home; thirty steam heated dryers that are built into the wall, and a large extractor, which whirls the water out of the clothes. Stationary tubs and laundry stoves complete the equipment. Formerly irons and ironers were included, but at the present time no ironing is done because of the misuse of the equipment due to operation by un-



Community Laundry Room at Des Moines

skilled workers and the high cost of the necessary repairs.

Tubs and stoves are furnished free of charge to those who do laundry work at the settlement house. The customers are fortunate also in being able to obtain soft water, hot or cold. However, a small charge is made for the use of the other equipment, as follows: twenty cents an hour for the washing machines, five cents an hour for a set of three steam dryers, and five cents for the extractor. Soaps, washing powders, starch and bluing are all furnished by each individual customer. The cost of using the laundry varies from about forty to seventy cents a week. However, the average cost is about sixty cents, forty cents for the use of the washing machine for two hours, five cents for the use of the tubs and water, five cents for the dryers, five cents for the extractor and a five cent allowance made for the soap.

Is it surprising that people come from distant parts of the city when they can do their laundry here for less than it would cost them to do it in their own homes or in a private laundry? This laundry makes no profit; in fact, a considerable share of the expense is borne by the city. For this reason, those who use the laundry are required to pay for the services after the work is completed and before they leave. This eliminates the complication so common with charge accounts.

The laundry rooms are under the supervision of one man, who instructs the people in the use and care of the equipment. He is at hand to watch for all emergencies that may arise and attends to the necessary repair work.

The laundry is open every day except Thursday, although on Friday there is no steam. Saturday afternoon is reserved particularly for those who cannot come at any other time. At this season an average of about 250 family laundries are done in a month. This average shifts with the season, for in the winter time there is a much greater demand for the use of the laundry than in the summer. To avoid confusion, a period for work is scheduled with the caretaker, who assigns the time in the order for which it is spoken. About three hours is allowed for each family washing.

Although cooperative enterprises may not be generally successful, the laundry department of the Des Moines Roadside Settlement has been eminently so. Almost all available time is taken and women come from as far as three miles to take advantage of the opportunities offered by this laundry. In fact, one of the problems that confronts the laundry today is the need of more space. This Iowa laundry is exceptional because, contrary to what has generally been true throughout the United States, it demonstrates what great value a truly cooperative institution may have.

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to make your home
complete.

Call us, 56, for
demonstration.

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MUSIC HOUSE**

THE IOWA HOMEMAKER

A Magazine for Homemakers From a Homemakers' School

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WELCOME!

"Hello! Hello! How are you? Glad to see you back."

"How-do-you-do. I am indeed glad to know you and I know you will like our splendid school."

"Oh, look! Of all the new people."

And such was the ramble and chatter heard at the railway depot the other night when a number of new and old Iowa State people were getting off the incoming train.

It is a feeling of joy we have when we realize we are all back at our dear old Iowa State. We appreciate both our friends and our institution when we have been gone from them for a while. Vacation is fine; it is finer to be back.

The Iowa Homemaker extends a sincere welcome to the newcomers at Iowa State. With our new president, our new home economics dean and our many new students we should be able to carry on the great constructive work that has been so well started by the ones who have gone before. There is no word of appreciation big enough to give to our former Acting President Herman Knapp and Acting Dean Frances Sims. There is no word of welcome big enough to say to our new president, Dr. Raymond M. Hughes, and our new Dean of Home Economics, Miss Genevieve Fisher.

Hats off to our freshmen! They are our coming upperclassmen and it is up to us to give them the good spirit of Iowa State. To you, preps, we also extend this welcome. We want you to feel that you are a part, and a big part, of our fine school.

SHE MUST KNOW HER ONIONS

From the Gazette, Colorado Springs, Colorado.

When the so-called domestic science courses were introduced in the land, a great hullabaloo was raised by the viewers-with-alarm of those days. What in the name of creation was the world coming to if growing girls could not learn cooking and sewing at home, the way their mothers had learned the good womanly arts?

The last 20 years has given the answer. Cooking the way grandmother did—a handful of this, a little of that and a pinch or two of the other—just simply is not done any more. The good housewife in the kitchen today must not only know her onions, but all her vegetables, and her carbohydrates, starches, proteins, fats and vitamins as well. The loose formula of raising a family on three square meals a day has given way to the precisely balanced ration. A kitchen mechanic, if there is such a creature left, must be governed by the sapient cook-chemist-dietitian, who can give assurance of the proper amounts of roughage and such stuff.

Doctors have become some of the most enthusiastic boosters of this newer order of exact cooking. The pioneers who sat in for instruction in some of the early domestic science classes have long since become the heads of families, and the physicians find that these women can listen to and carry out diet instructions with understanding.

Mother's cooking was all right for its day, but its day has passed. Sedentary occupations occupy more and more people and under this changed mode of living men and women can survive best on scientifically prepared food.

SEPTEMBER

September always calls to mind the many organizations earnestly striving to take the "ifs" out of life, "might have beens" out of character and preventing the memory from being cluttered with vain regrets. Especially appealing is the call of Iowa State, beckoning the youth of the land to come and learn the ways of wisdom that they may in turn "build a bridge" for the youth to follow them. Building for others, as well as ourselves, puts a purpose into life far more invigorating than greed for gain, or achievement for self-glory, can ever do.

EDITORIAL VISION

We sat in Miss MacKay's cozy little office, discussing the editorial policies of the Iowa Homemaker. The question of size, type, style and numerous other matters of material had been settled at a previous meeting. Now what was to be the editorial vision? Miss MacKay knew without a moment's thought—better, happier homes. She urged us not to forget the home as a whole, not to allow the petty details of housework to cover up the bigger work of homemaking.

"We are building homes these days, not houses," she said. "We are building homes that are neat, easy to care for, filled with happy people, who know how to play as well as to work. The Iowa Homemaker will stand for homes."

Who's There and Where



By CLEO FITZSIMMONS

New Positions

Louise Pickins, M. S. in foods and nutrition July 1927, is research assistant in the school of medicine of the University of Illinois. Miss Pickins is working with Dr. Robert W. Keeton on research along nutrition lines and is in charge of the special diets of the dispensary and metabolic patients in the hospital.

Elsie Maxon, '24 has completed her dietitian's training at the Kahler Corporation in Rochester, New York and is now in Red Cross service in Wyoming.

Helen Halloway, '27, and Eleanor Perego, '28, are demonstrating for the Certo Corporation.

Susan Millier, who was a graduate student in 1926, is teaching in the Art Department of the University of Oklahoma at Norman.

Elizabeth Gibson, '26, is now assistant dietitian in the Community Hospital at Geneva, Ill. Miss Gibson was formerly in the Broadlawn Hospital in Des Moines and was at one time in tea room work in Evanston, Ill.

Lucile Deischer, '26, is in charge of the consulting department of the Woman's Fashion Institute in Chicago, Ill.

Eleanor Tregoning, '26, is manager of the dining rooms at the Graduate Club of Chicago University in Chicago, Ill. This is a new establishment opened in the spring for the graduate students. It is a remodeled professor's home and provides meeting and recreation rooms as well as the dining room.

Laura Pratt, '23, is assistant chemist in the Sears and Roebuck textile laboratories in Chicago, Ill.

Zoe Bain Clifton, '26, is assisting in the Home Service Department of the Jewel Tea Company in Chicago, Ill.

Verna Nelson Funkhauser, '26, and Ethelyn Brown McPheeters, '25, are living in Chicago, Ill.

Jessica McPheeters, '26, spent the summer at Boulder, Colo., as assistant manager of the Colorado Chataqua dining room. She is teaching this year at her home in Harlan, Iowa.

Margaret Proud, '26 spent the summer as governor for two children in Glencoe, Ill. She is teaching this year in South Dakota.

Nell Taylor, '25, and Alice Stewart, '24, are dietitians in Michael Reese Hospital in Chicago, Ill.

Edith Hutchinson, '27, is an assistant in the Lazarus Department Store tea room in Columbus, Ohio.

Elizabeth Hintz, '27, is taking stu-

dent dietitian training at Michael Reese Hospital in Chicago, Ill.

Ila French, '24, is now a dietitian in the Children's Hospital at Iowa City, Iowa.

Our Former Dean

Miss Frances Sims has resumed her position as head of the Textiles and Clothing Department of the Home Economics Division of Iowa State. She spent much of her vacation in the east at Syracuse, Buffalo and New York, taking a brief rest at her home in Chicago before returning to Ames.

Our New Dean

Our new dean of Home Economics, Miss Genevieve Fisher, formerly head of Home Economics at Carnegie Institute at Pittsburgh, Pa., arrived in Ames September 3. She will make her home at 203 Ash Ave. Dean Fisher returned from abroad early in July and after spending some time in New York she visited for several weeks at the home of her father in Springfield, Ill.

Gail Redfield

Gail Redfield who was graduated in 1925 and received her masters degree in foods and nutrition in 1926, has been working in the research kitchen of the American Stove Company in Cleveland, Ohio this summer.

"Any stove with a red wheel Lorain oven regulator is an American Stove Company stove," she explains. "My work is with oven canning with the purpose of forming time tables for it. I am making a study of heat penetration in a water bath.

"In addition to heat penetration some of the jars are processed for varying lengths of time and stored in order to test the keeping quality. Many of the jars are to be used by the advertising department for exhibit purposes.

"The research kitchen is about the most attractive laboratory I was ever in. It is equipped to give the maximum efficiency and is located on the north side of the building which gives us a lake breeze that we appreciate on these hot days."

Mrs. Lulu Lancaster

Mrs. Lulu R. Lancaster, head of the nursery school, has three months' leave of absence from her work. She will spend the time in Chicago, where she will establish a nursery school in connection with the School of Domestic Art and Science.

New Instructors in Home Economics

There will be new instructors in a number of departments in the Home Economics Division at Iowa State College this fall.

The largest number of new instructors will be found in the Applied Art Department. Miss Marguerite Stotts of Manhattan, Kan., will take the place of Miss Elsa Wertheim, who is abroad studying landscape painting in France and Switzerland. Miss Marian Lepley, last year a fellow in this department, will take the place of Miss Elizabeth Johnson, who goes to the University of Idaho at Moscow. Miss Emma Kett of South Dakota State Teachers College will take the place left vacant by Miss Eleanor King. Miss Alice Waugh of Cedar Falls will take Miss Laura Holmes' place.

In the Foods and Nutrition Department, Miss Lela Joy Bennett of Los Angeles, Calif., will have charge of the work in marketing, succeeding Mrs. Ruetta Day Blinks.

In the Household Administration Department, Miss Helen Bishop will have charge of Miss Ruth Lindquist's work while she is on a leave of absence. Miss Lydia Swanson is returning to her work at the nursery school after a year's leave of absence. Miss Harriet Brigham will take Miss Mary Mason's place in teaching household equipment.

Miss Florence Faust is returning to her position in the Textile and Clothing Department after a year's leave of absence. Miss Grace Baker of Morgantown, W. Va., is also a new instructor in this department.

Miss Lucille Horton of the University of Minnesota will take Miss Georgia Belle Elwell's place in the Home-maker's Department.

The Physical Education Department will have two new instructors, Miss Mildred Shouldice of Columbia University and Miss Marguerite Schwarz of the University of Wisconsin.

Miss Elsa Wertheim, instructor in the Art Department, spent the summer studying in France. Miss Wertheim will not return to Iowa State this fall, but plans to continue her studying in Europe.

Esther Goodwin, '28, and Frances Jones, '27, are attending Merrill-Palmer school of homemaking in Detroit, Mich., for the fall term.

Child Care Projects

Working in connection with Mrs. Alma H. Jones, H. Ec. '22, Miss Edna Gorton, H. Ec. '25, and Miss Arthula Merritt, H. Ec. '26, last year worked out interesting projects in the presentation of instruction in child care and training in the high schools where they are employed as teachers of home economics.

Mrs. Jones, who is an extension specialist in child care and training, supplied some mimeographed and printed material for the work, the details of which were planned by Miss Gorton and Miss Merritt. The teaching of child care and training to high school students is comparatively new, and somewhat as an experiment these studies were carried over a period of two weeks each with such splendid results that Mrs. Jones is planning to undertake other similar projects in high schools where material is available.

In the high school at Humboldt, Iowa, Miss Gorton presented material on the following subjects:

1. Habit improvement in children.
2. Reading and reports on habit.
3. Weight-height charts, their value and checking of height and weight.
4. Use of food habits chart.
5. Discussion of infant care and training.

6. Cause and prevention of rickets and tooth defects in children.
7. Discussion and demonstration of books and stories for children with principles of story telling.
8. Studies of toys and pictures for children.
9. Play hour during which children were observed.
10. Study of child behavior.

At the conclusion of the course a general discussion was held and a resume of special written reports was given by the students on such subjects as: eating habits, health and habit training.

Miss Merritt, who is teaching at Hampton, Iowa, gave the training under the following heads:

1. Nursery schools.
2. How to know the healthy child.
3. Teaching children to like wholesome foods.
4. Planning food for six-year-olds.
5. Preparing food for six-year-olds.
6. Clothing suitable for small children.
7. Play outfits for children.
8. Forming correct habits.

Births

To Mildred Williamson Porter, '25, and Donald R. Porter, '23, a son, John Lewis, on July 23.

To Agnes Noble Haxby, '25, and Charles D. Haxby, '25, a son.

Marriages

Mary Reed, '26, to Don E. Wageck, E. E. '26, in Chicago, July 23. They are living in Chicago.

Lois Ross, '25, to Leslie E. Downs, Chem. E. '26, in Ames in August. They are living in Chicago, Ill.

Adella Bigler, '26, to Charles E. Hartford, Chem. E. '27. They are living in Ames.



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The Home Library

(Continued from page 1)

in Iowa are not provided with suitable reading material.

If we parents could only realize that the failure to supply our children with books and magazines in their youthful days will have a marked influence on their future life, that many boys and girls are going to college and into business without the ability to read easily and effectively and without the ability of acquiring knowledge through reading, then every one of our homes and every one of our schools would have a "used" library.

A story by Theodore Dreiser in the September "Bookman" tells of a young girl who went from a mid-west farm to New York City. She was attractive, ambitious, with a fair degree of intelligence; her future looked bright. After some experience on the stage she went into the movies, but at thirty she had exhausted life's possibilities. Her beauty was on the wane, the movies no longer would list her as a star, and she had no resources within herself. The only thing left to her seemed to be suicide. Contrast her life with that of Theodore Roosevelt, one who could find enjoyment in books. When other pleasures fail, when old age confines one to his home, there is always an interest in the world of books and in the conversations of great men and women, if he has developed the habit of reading. Theodore Roosevelt had a full and busy life but he always had books with him. The habit of reading supplies a wide range of information, does away with idle minutes, and supplies a background of memory which is extremely valuable in the future.

This habit, in most cases, must be formed in early years. Therefore, we urge you not only to have books for father and mother but also to have a library for the children. While we gladly spend much on their bodies, on their food and their clothing, why not spend a few dollars on their minds? If the habit of reading is not formed in their early years, it will, in most cases, not be formed at all. Psychologists tell us that the habits and complexes of our childhood days, those formed before 15 or 16, are the ones which influence our whole lives. This fact emphasizes the importance of the right training of children.

We, therefore, suggest that you take one of two magazines for your children as well as some for yourself; that occasionally you buy some books for your children. There are certain books they will read over and over again. There are many magazines—"St. Nicholas," "American Boy," "Child's Life"—which children should have to grow up on.

There are also many lists of books for children, graded according to various years. It is true that sometimes a child of twelve will read books on the sixteen-year old list; another child of twelve will read books on the eight-year old list. But try out the graded lists suitable to the age of your children until you can ascertain their reading ability. If they want to go ahead

to the more advanced reading, let them go. The State College Library at Ames can send you copies of such lists, or you can obtain them from the State Library Commission, Des Moines, Iowa.

It is not quite enough, however, to have books in the home. Most of us can afford to buy some books but only the wealthiest can afford to buy sufficient books to keep our children supplied. Unfortunately many of the rural schools in Iowa have wretched libraries. In certain other states county libraries have been formed with a delivery wagon which makes a tour of the rural districts twice a month delivering books to the smaller villages and

the rural homes Iowa is lagging far behind many other states in this regard. The proportion of people in Iowa without library service is much higher than in most other states."

Theodore Roosevelt once said, "After the church and school the free public library is the most effective influence for good in America." Iowa has the churches and schools but the free public libraries have not yet been developed as far as the rural communities are concerned. Too many of our schools have in their libraries only encyclopedias, dictionaries, and sets of books which no child would want to read. Too often the authorities of our schools have been victimized by the many clever book agents. Under the Iowa law it is possible now for any school to make a contract with a city library to supply books to the school. This can be done at small cost and will give children in rural communities the advantages in reading which the children in cities already have. If there is no public library available for you, write to the State Library Commission, Des Moines, Iowa, and ask how the people of your district can obtain library facilities.

I hope you will agree with us that our children cannot afford to be without books and magazines; that books are a necessary part of the household expenses just as much as food and shelter, and that books eventually will prove an economy. The satisfaction, the happiness, and the increase in success of the future generation is so dependent on books that it is a crime to deprive children of these facilities. Last year ex-governor Lowden sounded this warning—"The time is coming when we must try to equalize conditions of living on the farm and in the towns and cities. If the inequality which now exists continues, we shall not be able to keep the normal boys and girls upon the farm." One of the inequalities is the lack of library facilities in rural communities.

There are six points which we might remember:

1. Buy some books and subscribe for some magazine for the home.
2. Before you buy, send to the State Library Commission, Des Moines, Iowa, or to the Iowa State College Library, Ames, Iowa, or to the Library Commission in your own state for lists of books suitable for children. Give the age of your child.
3. Make sure your school has a suitable collection of books for the children; if not, write your State Library Commission and ask how you may make arrangement for library service.
4. Don't buy books from a subscription agent.
5. Don't buy sets of books.
6. Tune in on WOI some Saturday morning at ten o'clock and write to us, telling us how to improve our radio book talks.

"A home without books is like a house without windows; no man has the right to bring up children without books to surround them."

—Henry W. Beecher.

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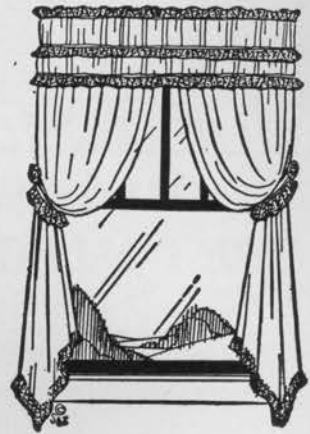
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Fashion Forecast

(Continued from page 2)

longer, while others do not subscribe to this change.

"In general, the additional length which has been introduced in opening styles is merely significant of a revolt against vulgar knee displays, which have never been approved by the smart houses of Paris."

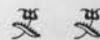
Speaking of waist lines, this is what we read in one report:

"The slightly raised line is receiving further consideration, although three definite waistlines are mentioned—low, hip-tops and a 'raised' line that nearly approaches normal."

In neck lines the V shape seems to lead. This is sometimes produced by crossed effects at the front. Many collarless necks are shown. Sleeves will be long, some tight fitting, some loose with decided blouse at the hand, but always long.

The hat, everyone will concede, should harmonize with the costume. But, you say, we cannot all have a hat to go with each dress, therefore the selection of our one or two hats should be made with great care. A hat comprises two factors, shape and material. Many of the hats for fall will be based on three distinctive silhouettes, the scull-cap, the turban and the small brimmed shape. Many interpretations of these shapes will be used so hats will not lack variety. Some of the latest suggestions tend toward the tricorn and bicorne shapes, and one article states that everything is being done to vary the brims, so many varieties are seen, one of which turns squarely off the face. It is probable that crowns will be flatter than this last season.

Felts, velvets, plushes and velours seem to lead as materials for hats. Occasionally grosgrain ribbon is used in turban shapes. Velvet and felt combinations are mentioned. Hats carry very little trimming nowadays; a few feathers caught in folds of the crown, a bit of satin ribbon trimming, but



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usually a total absence of ornament is pronounced. Suggestions for colors vary, but we would expect the same general trend of color to be carried out in hats as in frocks and so blacks, browns and greens seem to lead for early fall.

There is much from which to choose. If only the price of one's wearing apparel did not have to be considered, it would not be hard to choose the right thing. It's the real clothes artist who can choose rightly and keep the clothes budget conservative.

Dietary Study in Home Management House

(Continued from page 4)

the two distinct methods of making dietary studies: the individual method and the inventory method.

In a number of dietary studies of this nature which have been conducted at other colleges and universities, the inventory method has been employed. By carefully recording the amounts of all food purchased the amount and kind of food consumed was determined. Although this method saves time and is adaptable to a large group of persons over a long period, it has been found less exact than the individual method, due to the fact that accurate calculation of waste cannot be made. It is also of less value when the individuals of the study vary greatly in food requirements or in food intake.

The recent study at the Mary B. Welch house, however, was conducted by the individual method, which involved the weighing of all food served to the eight persons eating at the house before it was placed on the table, as well as weighing that which was left after each meal. The difference between the two weighings then represented the actual food consumption. In order to determine individual consumption, the total amount of food consumed was divided by the number of individuals present at the meal.

A 24 pound spring scales was used for weighing the heavier foods, while

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the weighing of the lighter foods was done on a 500 gram scale. Accurate records were kept daily, of the weights of foods, the measurements when recipes were employed in preparation, and the number of persons served at each meal. Each girl also kept a daily record of between-meal eating, water consumption, and bowel elimination. A preliminary study of six days was made previous to the four weeks' study, in order to test organization and method of procedure.

After obtaining the weight or amount of food consumed, the average daily consumption per capita of protein, fat, carbohydrate, calcium, phosphorus and iron were computed. An inventory study was also made, records being kept of all foods purchased during the four weeks, and from these, food consumption determined. Comparison was then made as to the accuracy of the data and the time factor of the two methods.

The conclusions of the study showed that the menus planned by the senior

girls at the home management house, in accordance with Sherman's laws, were adequate in protein, carbohydrate, fat, energy value, calcium and phosphorus; but the iron content was low.

Variations in nutrient and mineral content resulted from a study of the menus. It was found that on days in which protein intake was low phosphorus was also low, substantiating the recognized relationship between the protein and phosphorus content of the diet. The caloric value of the meal showed a similar relationship to the fat content of the menu. Calcium content of the diet proved uniformly high, due, in large part, to the strict adherence to Sherman's rules for milk consumption. The use of cheese or other milk products, and of cabbage in addition to the regular quota of milk in a single day's menus made a marked increase in the total calcium intake.

White potatoes, though not by composition valuable for iron content, proved an abundant source due to the frequency of their use. One day's menu which included several iron-rich foods: peas, eggs, potatoes, spinach, presented a marked contrast to the average day's total iron intake. Eggs, though one of the best iron sources, ranked only sixth in the amount of iron furnished daily, while fruits and vegetables yielded the greatest amount. The use of brown bread also added materially to the iron total. Increase in the amount of fresh fruits and green vegetables, seems the best and most practical solution for making up the lack of iron.

In comparison with similar dietary studies made in other colleges, the menus at the Mary B. Welch house proved lowest in protein content and energy value. The mineral values in general, however, proved superior in diets considered in this present study. Comparison with Sherman's standards of 1926 shows a very favorable correlation in all respects considered, except in iron content.

It has been concluded from the results of this study, that Sherman's rules concerning the budgeting of the income for food expenditures are, in general, safe to follow. The suggestion is made, that by including more such foods as eggs and glandular organs, and increasing green vegetable consumption, the tendency toward low iron content in the average menu may be successfully overcome.

New Men's Dormitory

New dormitories for men at Iowa State College will be located on the west campus, facing Lincoln Way, opposite the Collegiate Methodist Church. The first of the dormitories is completed and will accommodate about 120 first year men.

The dormitory is a three story brick building divided into three units. One upperclass student will live in each of the units as an advisor to the fresh-

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men in working out their plans of self government.

On the ground floor is a large dining room in charge of Miss Florence Walls.

A house mother has been chosen to live in the dormitory, who will act as an advisor and will preside in the dining room.

Due to the limited number this dormitory can accommodate, boys desiring rooms must furnish references.

Cooking Utensils

(Continued from page 5)

aluminum ware will not retain odor if properly cleaned.

Discoloration from the use of alkali, hard water in particular, although not harmful, disturbs the housewife because it is unsightly. It may be removed by cooking acid foods in the vessels, by adding some vinegar to the water in which the vessel is washed, by using steel wool, or prevented by using one-fourth teaspoon of vinegar to one quart of water when cooking the food. The small amount of vinegar used will not impart a flavor to the vegetable. When using aluminum utensils on the steam table, the darkening of the vessel may be prevented by putting several lemon rinds in the water of the steam table.

Housewives need not fear that their aluminum utensil will be dissolved by cooking and cleaning. It has been computed that it would take twenty-six years of constant use, day and night, to dissolve an ordinary aluminum cooking utensil.

Glass is probably one of the later materials used for cooking utensils. It is made by melting special sand with potash or soda, lead or lime. Lime causes glass to be hard and brittle; lead causes it to be brilliant and tough; iron gives the greenish tint which is seen in the cheaper glass.

An English investigator advises against the use of cheap glass, which may contain bubbles that break and splinter when used at a high temperature as for sterilizing or when pouring hot jam or jelly into it. Cheap glass may also contain arsenic, lead and boric acid, which is somewhat soluble in some foods.

In America we have three important kinds of glass: the ordinary glass, consisting of sand, soda and lime, used for bottle or window glass; the lead glass, consisting of sand, lead and potash, used for ornamental articles such as cut glass; the borosilicate glass, containing borax, boric acid or both, used for Pyrex ware and other articles where a low expansion coefficient and a resistance to the dissolving action of water and chemicals is desirable.

The low power of reflecting radiated heat causes a greater absorption of heat by glass than by metal. Thus a food will cook more quickly in a glass dish than in a metal dish. Experiments made on the saving of fuel show

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that tin used one-half more gas than glass. As heating takes place more rapidly, cooling takes place more slowly in glass than metal. Metal conducts heat about 100 times as fast as glass. Thus food can be kept hot longer in glass than in metal.

Enamel, aluminum and glass ware are the most popular kitchen utensils on the market today, and tin, zinc and copper are being used very little.

From the efficiency studies made at the Teachers College, Columbia University, using different grades of enamel and aluminum ware, we learn that heavy grade enamel ware is the most efficient, the light grade enamel is second, the heavy aluminum ware is third, and the light grade aluminum is fourth.

Although enamel ware is more efficient, it needs to be handled with much care, because the enamel does chip off; acid foods attack the enamel and lessens its durability; certain foods stain the enamel, making it unsightly; the use of abrasives, such as steel wool, injures the enamel and causes it to be more easily attacked by acids.

An aluminum utensil may be used in any method of cooking, baking, stewing, preserving and frying with any kind of food. With the use of soap and steel wool, an aluminum vessel can be kept in good condition.

Glass, which is used only for baking dishes, appears to be more efficient than any metal dish. The initial cost may be greater, but this is over balanced by the saving in serving dishes and their washing, for glass dishes may be used on the table, and by the saving of gas due to the greater efficiency of glass ware in cooking. Steel wool and soap are effective means of cleaning glass ware.

Thus we see the housewife of today has a wide selection of cooking utensils and can choose those best suited to her needs. It is always desirable to purchase from a reliable dealer, and to use the best grade of ware which can be afforded.

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“The high cost of meat is largely due to the homemaker's lack of knowledge of the equal food value of other cuts than choice steaks, provided these cuts are properly prepared.”

—Extract from “Foods and Cookery, A Handbook for Homemakers.”

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